

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

ISO 45003 — Psychological Health and Safety at Work

ISO Certification Programme



LAPT — London Academy of Professional Training

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Reference SSR-OCS-45003 • ISO Security Safety & Risk

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AT A GLANCE

REFERENCE	SSR-OCS-45003
AWARD	Certificate
ASSESSMENT	430 marks — 258 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Creating Supportive Work Environments

5 chapters · 30 classes85 marks

• 1 Understanding Psychological Health and Safety in the Workplace — 6 classes

› 1.1 Define Psychological Health and Safety at Work

› 1.2 Identify Key Factors Affecting Workplace Wellbeing

› 1.3 Explore the Impact of Work Culture on Mental Health

› 1.4 Assess the Role of Leadership in Promoting Psychological Safety

› 1.5 Develop Strategies for Creating a Supportive Work Environment

› 1.6 Implement a Psychological Safety Action Plan

• 2 Identifying Hazards and Risk Factors for Psychological Well-Being — 6 classes

› 2.1 Recognize Common Psychological Hazards in the Workplace

› 2.2 Assess the Impact of Stressors on Employee Mental Health

› 2.3 Identify Risk Factors Contributing to Workplace Anxiety

› 2.4 Understand the Role of Organizational Culture in Psychological Safety

› 2.5 Analyze Case Studies of Psychological Risks in Work Environments

› 2.6 Develop Strategies for Mitigating Psychological Risks at Work

• 3 Assessing Psychological Risks and Creating Effective Policies — 6 classes

› 3.1 Identify and Evaluate Psychological Risks in the Workplace

› 3.2 Understand the Impact of Psychological Risks on Employee Wellbeing

› 3.3 Develop Comprehensive Assessments for Psychological Safety

› 3.4 Create Policies to Mitigate Psychological Risks

› 3.5 Implement Supportive Programs for Employee Mental Health

› 3.6 Measure and Review the Effectiveness of Psychological Safety Policies

• 4 Implementing Supportive Practices and Interventions — 6 classes

› 4.1 Assessing Current Workplace Practices for Psychological Safety

› 4.2 Identifying Key Supportive Interventions for Employee Well-being

› 4.3 Developing Action Plans for Effective Manager Training

› 4.4 Implementing Peer Support Systems in the Workplace

› 4.5 Measuring the Impact of Supportive Practices on Employee Engagement

› 4.6 Creating a Continuous Improvement Framework for Psychological Health

• 5 Evaluating and Improving Psychological Health Initiatives — 6 classes

› 5.1 Identify Key Components of Psychological Health Initiatives

› 5.2 Assess Current Psychological Health Initiatives in Your Workplace

› 5.3 Analyze Employee Feedback on Mental Health Support

› 5.4 Develop Metrics for Evaluating Psychological Health Programs

› 5.5 Implement Strategies for Continuous Improvement in Mental Health Initiatives

› 5.6 Create a Plan for Communicating Improvements to Employees

• 1 Understanding Psychological Safety Concepts in the Workplace

— 6 classes

- › 1.1 Define Psychological Safety in the Workplace
- › 1.2 Identify Key Components of Psychological Safety Initiatives
- › 1.3 Assess the Impact of Workplace Culture on Psychological Safety
- › 1.4 Explore Case Studies of Effective Psychological Safety Practices
- › 1.5 Develop a Framework for Implementing Psychological Safety Strategies
- › 1.6 Evaluate the Effectiveness of Psychological Safety Initiatives

• 2 Assessment Tools for Measuring Psychological Safety — 6 classes

- › 2.1 Identify Key Assessment Tools for Psychological Safety
- › 2.2 Analyze the Effectiveness of Current Assessment Tools
- › 2.3 Evaluate Employee Perceptions of Psychological Safety
- › 2.4 Implement Surveys to Measure Psychological Safety
- › 2.5 Interpret Data from Psychological Safety Assessments
- › 2.6 Develop Action Plans Based on Assessment Findings

• 3 Designing Psychological Safety Initiatives — 6 classes

- › 3.1 Identify Key Components of Psychological Safety Initiatives
- › 3.2 Analyze Current Workplace Psychological Safety Practices
- › 3.3 Develop Measurable Objectives for Safety Initiatives
- › 3.4 Create a Framework for Stakeholder Engagement
- › 3.5 Design an Implementation Plan for Psychological Safety
- › 3.6 Evaluate the Impact of Initiatives on Workplace Culture

• 4 Implementing and Promoting Psychological Safety Programs — 6

classes

- › 4.1 Identify Key Components of Psychological Safety Programs
- › 4.2 Assess Current Workplace Culture for Psychological Safety Gaps
- › 4.3 Develop Tailored Psychological Safety Initiatives for Teams
- › 4.4 Create a Communication Plan to Promote Psychological Safety
- › 4.5 Implement Feedback Mechanisms to Evaluate Program Effectiveness
- › 4.6 Foster Continuous Improvement in Psychological Safety Practices

• 5 Evaluating the Impact of Psychological Safety Initiatives — 6

classes

- › 5.1 Analyze current psychological safety initiatives in your workplace
- › 5.2 Identify key performance indicators for evaluating psychological safety
- › 5.3 Collect qualitative and quantitative data on employee perceptions
- › 5.4 Assess the effectiveness of existing psychological safety measures
- › 5.5 Develop action plans based on evaluation findings
- › 5.6 Present recommendations for enhancing psychological safety initiatives

• 1 Understanding Psychological Health and Safety in the Workplace

— 6 classes

- › 1.1 Define Psychological Health and Safety in the Workplace
- › 1.2 Identify Key Factors Affecting Mental Health at Work
- › 1.3 Recognize Signs of Psychological Distress in Employees
- › 1.4 Explore the Impact of Workplace Culture on Mental Health
- › 1.5 Implement Strategies to Promote Mental Well-Being
- › 1.6 Develop a Plan for Continuous Improvement in Psychological Safety

• 2 Recognizing Mental Health Issues and Risk Factors — 6 classes

- › 2.1 Identify Common Mental Health Issues in the Workplace
- › 2.2 Explore Psychological Risk Factors Affecting Employees
- › 2.3 Analyze the Impact of Workplace Environment on Mental Well-being
- › 2.4 Recognize Signs and Symptoms of Mental Health Decline
- › 2.5 Discuss the Role of Leadership in Promoting Mental Health
- › 2.6 Develop Strategies for Early Intervention and Support

• 3 Implementing Supportive Work Environments — 6 classes

- › 3.1 Assess Current Workplace Environmental Factors
- › 3.2 Identify Key Support Systems for Employee Wellbeing
- › 3.3 Develop Inclusive Communication Strategies
- › 3.4 Train Leaders on Recognizing Mental Health Concerns
- › 3.5 Create a Mental Health Policy Framework
- › 3.6 Evaluate the Impact of Supportive Initiatives

• 4 Leadership Roles in Promoting Mental Health Awareness — 6

classes

- › 4.1 Define Leadership's Role in Mental Health Awareness
- › 4.2 Identify Key Strategies for Promoting Mental Wellbeing
- › 4.3 Develop Effective Communication Techniques for Mental Health
- › 4.4 Analyze Real-World Case Studies of Supportive Leadership
- › 4.5 Create an Action Plan for Implementing Mental Health Initiatives
- › 4.6 Evaluate the Impact of Leadership on Workplace Mental Health

• 5 Evaluating and Sustaining Mental Health Initiatives — 6 classes

- › 5.1 Assessing the Impact of Mental Health Initiatives in the Workplace
- › 5.2 Identifying Key Performance Indicators for Mental Health Program Success
- › 5.3 Collecting Employee Feedback on Mental Health Initiatives
- › 5.4 Analyzing Data to Drive Continuous Improvement in Mental Health Strategies
- › 5.5 Creating Action Plans Based on Evaluation Findings
- › 5.6 Sustaining Engagement and Support for Mental Health Initiatives

• 1 Understanding Risk Assessment Principles in Psychological Health and Safety — 6 classes

- › 1.1 Define Psychological Health and Safety in the Workplace
- › 1.2 Identify Key Principles of Risk Assessment for Psychological Safety
- › 1.3 Explore Common Psychological Hazards in Work Environments
- › 1.4 Implement Risk Assessment Techniques for Psychological Health
- › 1.5 Evaluate the Impact of Psychological Risks on Employee Wellbeing
- › 1.6 Develop an Action Plan for Managing Psychological Health Risks

• 2 Identifying Psychological Hazards and Risks in the Workplace — 6 classes

- › 2.1 Define Psychological Hazards in the Workplace
- › 2.2 Identify Common Psychological Risks and Their Sources
- › 2.3 Assess the Impact of Psychological Hazards on Employee Wellbeing
- › 2.4 Develop Methods for Reporting Psychological Risks
- › 2.5 Create a Risk Assessment Framework for Psychological Hazards
- › 2.6 Design Action Plans to Mitigate Identified Psychological Risks

• 3 Evaluating Risk: Tools and Techniques for Psychological Health — 6 classes

- › 3.1 Identify key psychological risks in the workplace
- › 3.2 Analyze the impact of psychological risks on employee performance
- › 3.3 Explore assessment tools for measuring psychological health and safety
- › 3.4 Implement techniques for evaluating psychological risk factors
- › 3.5 Develop a risk management plan for psychological health
- › 3.6 Review and refine strategies for ongoing psychological risk assessment

• 4 Developing and Implementing Risk Management Strategies — 6 classes

- › 4.1 Identify Key Psychological Risks in the Workplace
- › 4.2 Analyze the Impact of Psychological Risks on Employee Wellbeing
- › 4.3 Develop Clear Objectives for Psychological Health Risk Management
- › 4.4 Design Effective Strategies for Mitigating Psychological Risks
- › 4.5 Implement Risk Management Strategies with Stakeholder Engagement
- › 4.6 Evaluate the Effectiveness of Psychological Risk Management Strategies

• 5 Monitoring and Reviewing Psychological Health Risk Management Practices — 6 classes

- › 5.1 Identify Key Indicators of Psychological Health Risks
- › 5.2 Assess Current Risk Management Practices in the Workplace
- › 5.3 Develop Measurement Tools for Psychological Health Monitoring
- › 5.4 Analyze Data to Evaluate Effectiveness of Risk Management Strategies
- › 5.5 Facilitate Stakeholder Feedback on Psychological Health Initiatives
- › 5.6 Implement Continuous Improvement Plans for Psychological Safety

• 1 Understanding ISO 45003: Framework for Psychological Health and Safety — 6 classes

- › 1.1 Define ISO 45003: Key Concepts and Principles
- › 1.2 Identify the Importance of Psychological Health and Safety in the Workplace
- › 1.3 Explore the Framework Elements of ISO 45003
- › 1.4 Assess the Role of Leadership in Implementing ISO 45003
- › 1.5 Develop Strategies for Fostering a Psychologically Healthy Workplace
- › 1.6 Evaluate Case Studies: Successful Implementation of ISO 45003

• 2 Identifying Psychological Risks: Tools and Techniques — 6 classes

- › 2.1 Recognize Common Psychological Risks in the Workplace
- › 2.2 Analyze the Impact of Psychological Risks on Employee Well-being
- › 2.3 Utilize Data Collection Techniques to Identify Psychological Hazards
- › 2.4 Implement Behavioral Observations to Monitor Psychological Safety
- › 2.5 Employ Risk Assessment Tools for Psychological Health Analysis
- › 2.6 Develop Action Plans to Mitigate Psychological Risks in Teams

• 3 Leadership Strategies for Promoting Psychological Safety — 6 classes

- › 3.1 Define Psychological Safety and Its Importance in Leadership
- › 3.2 Identify Key Leadership Behaviors That Foster Psychological Safety
- › 3.3 Analyze Case Studies on Successful Psychological Safety Initiatives
- › 3.4 Develop Communication Strategies to Encourage Open Dialogue
- › 3.5 Implement Feedback Mechanisms to Assess Psychological Safety
- › 3.6 Create an Action Plan for Promoting Psychological Safety in the Workplace

• 4 Implementing ISO 45003: Practical Applications and Case Studies — 6 classes

- › 4.1 Identify Key Elements of ISO 45003 for Psychological Health
- › 4.2 Assess Current Workplace Practices Against ISO 45003 Standards
- › 4.3 Develop Action Plans to Address Identified Gaps in Compliance
- › 4.4 Implement Training Programs on Psychological Safety in the Workplace
- › 4.5 Measure the Effectiveness of Psychological Safety Initiatives
- › 4.6 Analyze Case Studies of Successful ISO 45003 Implementation

• 5 Measuring the Impact of Psychological Safety Initiatives — 6 classes

- › 5.1 Define Key Concepts in Psychological Safety
- › 5.2 Identify Metrics for Measuring Psychological Safety
- › 5.3 Analyze Existing Psychological Safety Initiatives
- › 5.4 Design a Psychological Safety Survey for Your Team
- › 5.5 Evaluate the Impact of Psychological Safety Initiatives
- › 5.6 Develop an Action Plan for Continuous Improvement

• 1 Introduction to ISO 45003: Framework for Psychological Health and Safety — 6 classes

- › 1.1 Explore the Importance of Psychological Health and Safety at Work
- › 1.2 Identify Key Components of ISO 45003 Standards
- › 1.3 Examine the Framework of ISO 45003 for Effective Management
- › 1.4 Discuss the Roles and Responsibilities of Leaders in Psychological Safety
- › 1.5 Analyze Case Studies of Successful ISO 45003 Implementation
- › 1.6 Develop Action Plans for Integrating ISO 45003 in Your Workplace

• 2 Key Principles and Terminology of ISO 45003 — 6 classes

- › 2.1 Define Key Terms in ISO 45003
- › 2.2 Identify Core Principles of Psychological Health and Safety
- › 2.3 Analyze the Importance of Psychological Safety in the Workplace
- › 2.4 Examine the Relationship Between Workplace Culture and ISO 45003 Standards
- › 2.5 Explore Responsibilities of Leadership in Implementing ISO 45003
- › 2.6 Develop Strategies to Promote Psychological Well-Being Using ISO 45003 Guidelines

• 3 Risk Management in Psychological Health: Assessing Work-related Factors — 6 classes

- › 3.1 Identify Key Work-related Factors Affecting Psychological Health
- › 3.2 Analyze Risk Assessment Techniques in Psychological Safety
- › 3.3 Evaluate the Role of Leadership in Mitigating Workplace Risks
- › 3.4 Develop Action Plans to Address Identified Psychological Risks
- › 3.5 Implement Continuous Monitoring Strategies for Psychological Health
- › 3.6 Foster a Culture of Psychological Safety through Employee Engagement

• 4 Implementation Strategies for ISO 45003 Standards — 6 classes

- › 4.1 Identify Core Components of ISO 45003 Standards
- › 4.2 Assess Current Workplace Psychological Health Practices
- › 4.3 Develop a Gap Analysis for ISO 45003 Implementation
- › 4.4 Create an Action Plan for Integrating ISO 45003 Standards
- › 4.5 Engage Stakeholders in Psychological Safety Discussions
- › 4.6 Evaluate and Monitor the Impact of ISO 45003 Implementation

• 5 Evaluation and Continuous Improvement of Psychological Safety Practices — 6 classes

- › 5.1 Assess Current Psychological Safety Practices
- › 5.2 Identify Key Performance Indicators for Psychological Safety
- › 5.3 Analyze Results and Feedback Mechanisms
- › 5.4 Implement Action Plans Based on Evaluation Findings
- › 5.5 Foster a Culture of Continuous Improvement
- › 5.6 Review and Revise Psychological Safety Strategies Regularly